

## **Seven Best and Seven Worst Foods for Health and Longevity** by Dr Joseph Mercola, M.D.

Because food has the power to heal, my patients often ask me for my top list of healthy food – the anti-oxidant foods, heart healthy foods, and nutritious foods that are central to the Eat To Live program. These high nutrient foods, consumed regularly, will contribute to your health and longevity. What you eat -- now and when you were growing up -- dramatically affects the state of your health. The effect is cumulative, influencing everything from the amount of energy you have (or lack), to your emotional state, medical condition, and ultimately longevity

### **Top Seven Foods for Good Health and Longevity**

- Black raspberries
- Strawberries
- Blueberries
- Flax Seeds
- Green Leafy Vegetables
- Tomatoes
- Broccoli sprouts

The healthy and nutritious foods are high antioxidant foods, primarily fruits and vegetables. I selected these healthy foods because they contain the most powerful phytochemicals and anthocyanins which illustrate strong inhibition of chemocarcinogens.

Other foods with high antioxidant and high anti-cancer potential include walnuts, sunflower seeds, pomegranates, beets, cabbage, peppers, and parsley. Make your diet strongly cancer-protective and longevity-favorable by including these highly beneficial, nutritious foods.

A good way to think about nutritious food: Produce is the most important health care your money can buy.

Food also has the potential to harm, and these are effective foods for those attempting to die younger. One of my daughters calls this list the Seven Foods of Death.

### **Worst Seven Foods for Health and Longevity**

- Butter (excluding grass fed butter, which has health benefits)
- Cheese
- Potato Chips and French Fries
- Doughnuts
- Salt
- Sausage, hot dogs
- Pickled, smoked or barbequed meat

Foods high in saturated fat and trans fat are consistently associated with high cancer rates. Cheese and butter typically contain over ten times as much saturated fat as fish and white meat chicken and turkey. Only eat organic grass fed cheese & butter as its grain fed dairy counterparts will contribute to poor overall health.

Salt has been consistently linked to stomach cancer and stroke, even in populations that eat diets low in saturated fat.

Add the carcinogenic potential from heated and overcooked oils (usually trans containing) delivered in doughnuts and fries with the powerful cancer inducing properties of carbohydrates cooked at high heat (acrylamide formation) and you have a great cancer potion.

Needless to say, I advise people to avoid the foods on my "worst list" entirely.

The best foods to eat are the healthy, nutritious fresh fruits and vegetables. By making these antioxidant foods the major portion of your diet, you can protect yourself against cancer and other serious diseases. As you extend your youthful vigor into later years, you have contributed to your longevity by Eating to Live with a healthy, nutritious diet.

### **Cancer Alert: Your Best Defense - Go Cruciferous by Dr. Joel Furhman**

We may not have eaten so healthfully our entire lives. We may have a family history of breast, prostate or colon cancer. What should we do? Just wait until cancer is found?

Getting medical screenings is certainly a personal decision, but if you want to know what you can really do to protect yourself - eat lots of colorful vegetables, specifically including lots of green cruciferous vegetables. Eating a diet rich in cruciferous vegetables is your best defense for fighting and preventing cancer.

If we really want to win the war against cancer, we must improve the nutritional quality of our diet. We have all heard about the antioxidant effects our bodies derive from the phytochemicals in plant foods. However, the unique phytochemicals found in cruciferous vegetables offer superior benefits. Cruciferous vegetables contain phytochemicals that have unique abilities to modify human hormones, detoxify compounds, and prevent toxic compounds from binding to human DNA, preventing toxins from causing DNA damage that could lead to cancer. Studies have even shown that genetic defects that may lead to cancer are suppressed by the consumption of green cruciferous vegetables.

Certainly, many studies have shown that eating fresh fruits, beans, vegetables, seeds, and nuts reduces the occurrence of cancer. I plotted cancer incidence in 25 countries against unrefined plant food intake and found that as vegetables, beans, and fruit consumption goes up 20% in a population, cancer rates typically drop 20%. But cruciferous vegetables are different; they have been shown to be twice as effective. As cruciferous vegetable intake goes up 20%, in a population, cancer rates drop 40%.

- arugula
- bok choy
- broccoli
- broccoli rabe
- brocollina
- brussels sprouts
- cabbage
- cauliflower
- collards
- horseradish
- kale
- kohlrabi
- mustard greens
- radish
- red cabbage
- rutabaga
- turnips
- turnip greens
- watercress

Include them in both raw and cooked forms and eat a variety of them. These benefits cannot be duplicated by taking any one pre-formed compound or supplement.

The evidence is now overwhelming that cruciferous vegetables play a major and unique role in the widely recognized protective effects of natural plant foods against cancer--and are the most important players in this arena. The biologically active compounds from raw and conservatively cooked green vegetables enhance the natural defenses of the human body against DNA damage and they even fuel the body's ability to block growth and replication of cells that are already damaged. For those in the know, these foods are the most important nutritional factors to prevent common human cancers.